This year we had the most writers ever—bring an eclectic and interesting mix of ideas, writing styles and articles. As another year comes to end, the Trail must say goodbye to some important contributors. Even though we’ll be moving on, we all look forward to what the new Trail Staff has to offer. Arielle Wortzel, Evangelina Pena and Kimber Ray will be taking over next semester—and all of us that are moving on look forward to seeing what this group has to offer. We hope you do too!
Thank you for reading the Trail, I hope you all enjoy your summers—go places, do things, and make sure you relax some!

Happy Trails!

Dayna

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According to a recent study by Fox Business, 50% of graduates will not be finding a job in their fields this May. The problem is not necessarily the poor economic state or unusually high unemployment rates, but within the false expectations that some graduating seniors may have. There is this perceived notion that we will find jobs related to our degree, when in reality this may be far from true. For instance, my career goals involved working within the Department of Environmental Protection. During my internship there, I quickly learned that they have not hired within the past five years and do not plan on hiring anytime soon. Although, I enjoyed my internship, life requires earning a living and by participating in a non-paid internship would not be feasible.

As midterms approached, I began to reevaluate my post-graduation goals. I researched other opportunities and thought what would be most attainable for me to accomplish with my current resume. What am I qualified for as of right now? I searched current job postings and realized every job “related to my degree” requires years of experience and many different degrees that I did not currently possess, nor did I have the financial ability to obtain right now. Every day you hear of highly educated individuals being laid off and having to work in low paying jobs just to keep their head above water. Life after graduation soon began to look grim.

However, by resetting my expectations and looking outside the box, I was able to reset my professional track. I knew I wanted to do something meaningful and use what I’ve learned during my stay at Rutgers to positively affect people. I was contacted by a member of Teach for America asking if I could meet to discuss the possibility of applying for the organization. My initial response was, “I am not going for a teaching degree,” but still decided to meet up and speak with the recruiter and it was the best decision I have ever made. I am proud to say that I have been accepted to TFA and will be teaching science in Miami, Florida! Not only do I have a career upon graduation, but I have the ability to enhance the lives of those who may not have access to the same opportunities that I had. Even though teaching may not be on my diploma, I will still be able to incorporate what I have learned from my past courses into my own lesson plans. People tend to forget that we are not locked into anything and our paths will change. Graduating with a psychology major does not mean you may end up being a psychologist. Graduating seniors should be open minded and should maximize any opportunity presented to them, even if it is not related directly to their studies, it may lead to bigger, better, and unexpected opportunities.


Dayna Bertola
Meet Heidi Hausermann

Before coming to Rutgers, Heidi completed her undergraduate studies at Willamette University in Oregon as an environmental science major. She also obtained her PhD in geography from the University of Arizona. Before coming to Rutgers, Heidi was a post-doc at Penn State where she worked on a project based in Ghana. Her and her team focused on trying to understand the human-environmental relationships behind a flesh-eating bacterial disease called Buruli ulcer. Visit their project website at http://www.rebuildghana.org/home-57959.php.

Dr. Hausermann will start teaching for the department in 2013, but for now she is more than willing to talk to students about her research and educational experiences!

What is your favorite thing about teaching on the Cook Campus?
I’m really impressed by how diverse the student population is. I also like the grilled cheese sandwiches at the Student Center and the cashier who gives me the student discount.

What courses have you taught, are currently teaching, and hope to teach?
At the University of Arizona I taught classes ranging from critical gender studies and physical geography to Latin American environmental issues and field methods. In our department, I hope to teach courses on environmental justice, political ecology, and perhaps even an intro class on geo-systems.

Is there any advice you’d want to give past, current, and future students?
Learn how to write well. It takes work, but it’s a skill you’ll use for the rest of your life.

Where is your favorite place to eat around Rutgers Campus?
El Oaxaqueño is delicious and an easy walk from campus.

What do you like to do in your spare time?
I like to spend time with family and friends, read fiction, run, and hike.

When you were younger, what did you want to “be when you grew up”?
An archaeologist—I used to bury old objects in the back yard, then “discover” and excavate them. I also had an Indiana Jones-style whip that I carried everywhere for a couple years.

If you could travel anywhere in the world, where would you go first?
I’d like to go to New Zealand. It has so many landforms and climatic zones for such a small country (small in terms of surface area). I think it must be a fun place to explore.

What is your favorite animal?
My dog, Lucy.

What is your favorite tree species?
I love Lodgepole Pine because it reminds me of hiking in Oregon, where I grew up.

If a meteor hit the Earth, giving everyone the choice of one super power—what would you choose?
Matter ingestion—I’d eat the meteor.

Another fun fact about yourself?
I once killed a cane rat with a sling shot in the Ghanaian bush. We ate the rat, so it was a lot like sustainable hunting. That was a proud moment for me.
Here are 8 tips to help you deal with stress and ace those exams!

1. Whenever you go study, bring a health snack and keep hydrated!
   - Peanuts, crackers, dark chocolate – for a sweet tooth craving
   - Avoid sugar that will make you crash, granola bars, healthy cereal or fruits and veggies to keep your blood sugar stable.

2. Don't deprive yourself of [too much] sleep!
   - You will do better if you have sufficient sleep before taking a 3-hour exam...

3. Avoid procrastinating!
   - This is definitely easier said than done, but give it a try!

4. Drink the same amount of coffee as water!
   - Don't keep yourself hydrated with coffee, coffee dehydrates you so watch out!

5. Plan your day!
   - Plan what you will be studying, when, with who and where! This will help you keep calm and know what you should be doing.
   - Prioritize your schoolwork: Which final comes first, which one do I struggle with the most...?

6. Avoid studying with people that stress you out!
   - It is known that if you are studying with

7. Force yourself to take breaks!
   - If you are pulling an all-nighter but you can no longer read or remember what you are reading... There is no point!
   - For every hour or so that you work, take a 10 or 15 minute break. It will give your brain a little rest and it will be good when you are trying to concentrate again

8. If you have studied as much as possible, THINK POSITIVE!
   - There is no point on stressing out before the final; this will just make it worst. Instead, relax because you did all you
Congratulations to all of the graduating EPIBers! The Human Ecology Faculty and Staff are very proud of you!

Do not forget to keep in touch with your Advisors and Professors—we love to hear what accomplishments and adventures you have post-graduation!

Important Dates:

2012 SEBS Baccalaureate
Thursday, May 10
6:00pm
Cook Campus Center, MPRs

246th Anniversary Commencement
Sunday, May 13
12:30 p.m.
High Point Solutions Stadium

SEBS Convocation
Monday, May 14
10:00 a.m.
Passion Puddle, G. H. Cook Campus

A special congratulations to our seniors graduating with Departmental Honors:

Albert Nedelman  Dave Wallace  Jason T. Rubinstein  Michelle O’Brien
Amanda M Hannen  Dayna Bertola  Katarina Medakovich  Mukund Banglore
Arati Patel  Filip Gzella  Katherine Torok  Rafhael Gandolff
Bridget Donnellan  Gabriel Cummings  Kelly Kemmerle  Sean Cannon
Daniel Ross  Gianna Santelli  Kirsten Heiningger  Stephanie Carney
Dara Zaleski  Jason Cecere  Kyle Walsh  Thomas Mynes

And our Award Winners of 2012:

George F. Clark Academic Excellence and Service Award
Mukund ‘Mook’ Banglore and Albert Nedelman

Andrew P. Vayda Outstanding Scholar Award
Dayna Bertola
When I was first asked to sign a petition against hydraulic fracturing, I was skeptical. I’m always a little skeptical of petitioners—I know my signature won’t count for much, but I don’t like being rushed into making decisions when I feel like I don’t have all the facts. So, when the anti-fracking petitioner approached me, I asked him to tell me about what some good energy alternatives to natural gas could be. I expected him to say solar panels and wind energy—maybe a bit about cutting energy usage too—this particular petitioner didn’t have anything to say on the subject but a reiteration that natural gas was detrimental to the environment. I could feel my inner umpire gearing up—few things exasperate me as much as complaints offered without alternatives.

Since then, I’ve had the chance to learn about hydraulic fracturing on my own, and so you’ll have to excuse me for presenting another article on this prevalent issue. Nonetheless, I find this recent take on hydraulic fracturing to be a critical development in the ongoing debate. While industry scientists have been known to continually seek alternative explanations to counter the link between hydraulic fracturing and groundwater contamination, recent studies have suggested that there is in fact a definitive relationship. Specifically, in 2011 environmental chemist, Robert Jackson, led a widely cited and replicated study in Pennsylvania and New York demonstrating that wells in active gas extraction areas—that within 1 kilometer of a gas well—have significantly higher thermogenic methane concentrations than wells in non-extraction sites.

What they didn’t find? Evidence of drinking water contamination with fracturing fluids or deep water chemicals.

It was a weird twist of events—how could the water be contaminated with methane, but not with fracturing fluids? One of the biggest fears for groundwater resources is that the engineered fractures will connect with natural joints and faults deep under ground, allowing contaminates to migrate through 1-2 kilometers of bedrock and enter shallow aquifers. However, if this were the case, then the wells should have also been contaminated with fracturing fluids.

The most likely explanation proposed so far is faulty gas-well casings from poorly constructed well-pipes. After flowback water (fracturing fluid and radioactive deep groundwater) is recovered for recycling, the well may be closed off for some time with the intent of retrieving additional methane later. However, if the well was not constructed properly, then this idly sitting methane can leak through the well-pipe and enter shallow aquifers.

Considering the lack of regulation on hydraulic fracturing, this finding doesn’t seem too surprising. The lack of federal oversight excludes processes of hydraulic fracturing from both the Resource Conservation and Recovery Act, and the Safe Water Act. Although natural gas has valuable economic, environmental, and political benefits, its extraction is plagued by the risks of uncertainties and inadequate regulation. This only augments public suspicion—if the process is supposed to be safe, then why are they shirking regulations? Although the hydraulic fracturing industry has consistently demonstrated that it has a crude sense of cost-benefit analysis through misleading publicity, stronger regulation could help inspire public confidence. Popular energy initiatives and protecting human health and the environment don’t need to be alternative issues if integrity can be instilled in the procedures.
Eco News

AG Field Day 2012
May 1st’s May Day celebrations marked the return of the Occupy Movement. While small scale operations have continued since the movement’s inception on September 17th of last year, Tuesday’s rallies and marches, numbering in the tens of thousands in New York, displayed the spirit and fortitude still possessed by the mass of revolutionaries across the country. I was there at noon on September 17th when over a thousand people met the calls to occupy the center of world finance to promote a new discourse and way of living. Dismissed by the establishment press and mocked by television pundits and politicians alike, Occupy has been fighting to simultaneously spread the conversation of the need for political revolution and protect the rights of protesting citizens in the face of an overwhelming police force. With a presidential election up and coming between two candidates aligned with the dominant economic and military paradigm, the voice of a radical left movement could finally bring to light the corrupt nature of the American political conscience. With both candidates planning on spending the most campaign money in the history of electoral politics, will activists across the country be able to break the stupor inflicted upon Middle America by the constant din of television media and its billionaire advertising backers? Our generation has lived through an age of constant crisis and fear. This summer will be the greatest opportunity to change that.

The first day of Occupy Wall Street was anything but organized. Flanked by my two best friends, my previous night’s excitement and hope was soon replaced by anxiety. What if no one showed? What if the energy fizzled out in a few hours? We had been preparing for this movement for months since we first heeded the call by the culture-jamming website adbusters.org. My disappointment with US policy both at home and abroad had plagued me for years, but without an outlet or support from family, friends, roommates and the like, I believed there would never be a movement to truly change this society. The Occupation changed all that. Within minutes we arrived at the famous Wall Street bull. A barricade had been erected around it. During our approach to this first rendezvous point, I noticed the actual Wall Street had barricades erected to prevent people from walking down it. It was clear the city of New York and the NYPD viewed this planned protest very seriously and thought the protection of a symbol of American corporate greed as well as a publically owned street were more important to protect than the rights of protestors. I make this claim as within the hour of our arrival we joined a small group of protestors sitting in front of the barricaded street entrance. Not blocking any traffic and remaining peaceful, we wanted to draw attention to the needless barricade protecting the streets of the massive financial institutions responsible for the biggest economic collapse in history. Minutes later an officer in a white uniform accompanied by at least 30 other policemen equipped with zip-tie handcuffs, informed us that if we did not move from the barricade that was already blocking the path, we would all be arrested. My friends and I had been in New York for 45 minutes. We complied vying to save our resistance for more lofty goals and with a larger group. This encounter confirmed my belief in the movement. The police and the state were afraid of our message. As our numbers grew and our occupation began, the endless harassment, arrests and abuse by the NYPD and other departments in occupations throughout the country galvanized our belief that we had struck a chord.

In the coming months our news cycle will be flooded with reports from the campaign trail. The issues will be ignored and anyone who follows will be left more jaded and cynical than when he or she started. Our political and economic systems are broken. No vote for Obama or Romney, this democrat or that republican will change the fundamental flaws within the system. One out of every 100 Americans is incarcerated, millions of American children are starving, CEO salaries continue to climb to record levels while millions of Americans lose their jobs, average worker salary remains stagnant while prices for goods rise, hundreds of thousands of civilians have died in two wars in Iraq and Afghanistan, unmanned drones have killed hundreds of people in Pakistan and Yemen, our food and water supply dwindles rapidly, popular uprisings continue in the face of massive police repression in Europe, the Middle East and here in the US, and Barack Obama plans on spending over a billion dollars to get himself re-elected. These are not the qualities of a healthy society. These are the qualities of a broken society. Radical change is needed to reverse these ills and to give mankind a chance to live peacefully and free on this planet. Many will say this vision is unattainable, a dream of a naive child. I say to believe the current power structures of this world will spend one minute in the pursuit of anything other than their own interests constitutes the dream of a child.
**Brunswick Bruschetta**

**INGREDIENTS:**
- 1/2 cup diced fresh tomatoes
- 2 TBSP fresh basil, torn into pieces
- 1 TBSP Balsamic vinegar
- 1/2 tsp minced garlic
- a couple dashes of coarse salt
- fresh mozzarella pearls— you can get these at a farmers market, if you’re lucky!
- about 1/4 cup olive oil

**DIRECTIONS:**
Combine the tomatoes, basil, balsamic vinegar, garlic, and salt. Many recipes state to allow the flavors to meld in the fridge. Arrange the mozzarella pearls with the mixture and serve with yummy bread.

Enjoy!

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**New Jersey’s Berry Yummy Salad**

**INGREDIENTS:**
- 2 tablespoons blueberry juice from a bottle
- 2 tablespoons extra virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 ½ teaspoons freshly-squeezed lemon juice
- 3 ounces mixed baby greens
- 4 ounces goat cheese, crumbled
- 4 ounces fresh blueberries and 3 ounces of fresh strawberries
- 4 ounces caramelized pecans

**DIRECTIONS:**
Combine the first 4 ingredients in a bowl. Whisk vigorously until the dressing is thickened and opaque. Lay out greens, top with blueberries, goat cheese and pecans. Re-whisk the vinaigrette and drizzle. YUM!
Do you know about CSAs?

Over the last 20 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of “shares” to the public. Typically Interested consumers purchase a share and in return receive a selection of seasonal produce throughout the year. This arrangement creates several rewards for both the farmer and the consumer.

In brief...

Advantages for farmers:
- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin
- Receive payment early in the season
- Have an opportunity to get to know the people who eat the food they grow

Advantages for consumers:
- Eat ultra-fresh food
- Get exposed to new vegetables and ways of cooking
- Usually get to visit the farm at least once a season
- Develop a relationship with the farmer who grows their food and learn more about how food is grown

It’s a simple enough idea, but its impact has been profound. Tens of thousands of families have joined CSAs, and in some areas of the country there is more demand than there are CSA farms to fill it.

Check out [http://www.localharvest.org/csa/](http://www.localharvest.org/csa/) for more info and search around for a participating farm near you!
Emanuel Kuvakos, 56, was arrested in April and charged with sending two Chicago sports team executives emails that threatened them with violence for having stolen his “ideas” for winning “championships.” One of the victims was a former general manager of the Chicago Cubs, a team that famously has not won a National League championship in 66 years, nor a World Series in 103.

In March, West Des Moines, Iowa, police opened an investigation, with video surveillance, of a 59-year-old employee of the state’s Farm Bureau on suspicion of criminal mischief. According to police documents cited by the Des Moines Register, the man would look through the employee database for photos of attractive female colleagues and then visit their work space after hours and urinate on their chairs. Not only does the man allegedly have a problem, but the Farm Bureau figured it is out $4,500 in damaged chairs.

In January, Ms. Navey Skinner, 34, was charged with robbing the Chase Bank in Arlington, Wash., after passing a teller a note that read, “Put the money in the bag now or [d]ie.” According to investigators, Skinner subsequently told them she had been thinking about robbing a bank and then, while inside the Chase Bank, “accidentally robbed” it.

Comments, questions, or concerns? Email us at EPIBtrial@gmail.com We’d LOVE to hear from you!

Congratulations to our graduating seniors! Good luck in all of your future endeavors!

WANDERLUST: A VERY STRONG AND IRRESISTIBLE IMPULSE OR DESIRE TO TRAVEL THE WORLD.